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ANNUAL REPORT
OF THE
BATH DEPARTMENT
FOR THE
YEAR 1910-11



CITY OF BOSTON
PRINTING DEPARTMENT
1911

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ANNUAL REPORT
OF THE
BATH DEPARTMENT
FOR THE YEAR 1910-11.

Boston, January 31, 1911.

HON. JOHN F. FITZGERALD,
Mayor of the City of Boston:

DEAR SIR,— We beg to submit herewith a report of the work of the Bath Department for the year 1910-11.

The Bath Department continued to fulfill its mission in ministering to the health of the citizens of Boston to the extent of 2,900,000 patrons during the past year. The benefits that accrue to those who use the baths and gymnasia of this department are inestimable, and the manifest results in the healthful and recreative nature that accompany those who frequent our institutions carry a convincing proof of their far-reaching influence. Clean and healthy bodies are productive of clean and healthy minds and a consequent raising of the standard of citizenship. Being primarily a department conducted for the needs of the poor, its powers for dispensing health and happiness in congested districts is commensurate only with the extent of its patronage. As a consequence its free features should be maintained wherever the character of the district and the patronage make it advisable.

WORK IN PROGRESS OR CONTEMPLATED.

Paris Street Gymnasium and Baths, East Boston.

Blossom Street Gymnasium and Baths, Ward 8.

Curtis Hall, Jamaica Plain (under supervision of Public Buildings Department).

Ward 3 gymnasium and baths.

L Street Bath House, additions and alterations.

ALL THE YEAR AROUND BATHS.

Cabot Street Bath House, Dover Street Bath House, North Bennet Street Bath House and Copley School Baths.

GYMNASIUM AND BATHS.

Cabot Street Bath House and Gymnasium, Ward 16 gymnasium, D Street Gymnasium, Paris Street Gymnasium. Ward 7 gymnasium, Ward 9 gymnasium and North Bennet Street Bath House and Gymnasium.

INDOOR SWIMMING POOLS.

Cabot Street Bath House and Ward 16 municipal building.

BEACH BATHS.

L Street, North End Park, Wood Island Park, Dewey Beach, McKenzie Beach and Tenean Beach.

FLOATING BATH HOUSES AND OUTDOOR SWIMMING POOLS.

Spring Street Swimming Pool (river bath), Orchard Park Swimming Pool, Border Street Floating Bath Houses, Jeffries Point Floating Bath House, Warren Bridge Floating Bath Houses, Mystic Bridge Floating Bath House, Charlesbank and Dover Street Bridge Floating Bath Houses.

In presenting you with the résumé of the work it will be convenient perhaps to classify the houses into sections where the institutions of the department are located.

EAST BOSTON.

The new Paris Street Gymnasium and Baths, located on the site of the first indoor municipal gymnasium in America, we are pleased to state, is about to open its

doors to the crying needs of the community. The general scheme of the building and its thoroughness of equipment, together with its unsurpassed gymnasium and running track, combine to make it, in the opinion of many, the finest type of a municipal gymnasium in the country. The trustees were handicapped by the inadequate appropriation on hand to carry out plans clearly desirable, but we feel safe in asserting that it will be a monument to the city and a distinct impetus to the health and enjoyment of the people of East Boston.

The beach bathing at Wood Island has shown an appreciable increase even over last year. The building should be enlarged, affording additional facilities for the ever increasing patronage.

The three floating houses at Border street and Jeffries Point are sufficient to alleviate the wants of the more remote sections of East Boston.

CHARLESTOWN.

Dewey Beach is the only bathing beach afforded the people of this section, as is frequently shown by the numbers in attendance. The floating houses at Mystic and Warren Bridges, too, are well appreciated and draw patronage from a wide area, but additional houses and beach area should be provided at Dewey Beach. The shower baths at Copley School, while performing a valuable mission, only serve to emphasize the lack of proper bathing facilities for this large and congested section. A municipal gymnasium and bath house is contemplated by the renovation of the Ward 3 Armory, at an expenditure of \$30,000. We feel that the interests of the people of Charlestown could be better subserved by erecting a new and modern gymnasium and bath house on this site, approximating in cost \$75,000.

NORTH END.

The piers at North End Park show the need of entire reconstruction, which the remainder of the special appropriation of \$5,860.94 will not allow being put into effect, together with the other scheme of general improvement there. When the piers are replanked and new iron guard rails constructed along the piers, they will furnish an excellent opportunity for their conversion into recreation centers for the mothers and children of the North End.

The introduction of a new policy abolishing nude bathing in the department makes imperative the reconstruction of the present laundry, with new and additional machinery, in the brick building in the south end of the park. A special appropriation should be provided for this purpose to meet the extra demand, as the present laundry facilities are entirely inadequate to carry on properly the additional work entailed.

North Bennet Street Bath House in point of patronage continues to be one of the most popular houses in the city. Large numbers are in daily attendance there throughout the year, and it seems that the installation in the near future of the additional showers in the main floor will be absolutely necessary.

WEST END.

Years of agitation for the erection of an all year around bath house and gymnasium in this section of the city have borne fruition. Plans have been drawn for the reconstruction of the municipal building on Blossom street in Ward 8, and the coming fall will undoubtedly witness the results of what has been yearly anticipated in this district. Permanent bathing facilities will be provided seven days a week for both men and women, in addition to a thorough up-to-date gymnasium on the second floor, which will fill a long felt want during the winter season for the youths of the vicinity.

The floating bath houses at Charlesbank were very extensively patronized during the past year, but the location within the Charles River Basin with no ebb and flow of the tide seems to necessitate their removal this coming season, provided arrangements can be made for their location, to the lower side of the dam.

SOUTH END.

The Dover Street Bath House still continues to cater to the health and happiness of the masses, and its popularity increases rather than diminishes with the years. The attendance is uniformly large and cosmopolitan in its character, indicating its widespread popularity among all races. The laundry steadily supplies the incessant demand that is made on it for the greater portion of the year without any loss of time or repairs through defective machinery.

The Ward 7 and Ward 9 gymnasiums on Tyler street and Harrison avenue lend their influences to their respective communities as far as the limited facilities and comparatively uninviting premises could permit. These rather dilapidated structures in adjacent localities emphasize the necessity for the erection of a bath house and gymnasium of sufficient size and equipment to meet the needs of the South End.

SOUTH BOSTON.

The L Street Bath is still the mecca for countless thousands of citizens, and the accommodations at times were taxed to four and five times their capacity. The proposed reconstruction of this plant will more than double its capacity. The relocation of the fences separating the men's, women's and boys' departments, and the extension of the two wings of the structure a distance of 75 feet on the boys' and women's department, will relieve the congestion hitherto existing in addition to making this popular resort even more inviting and far-reaching in its salutary effects than heretofore.

The D Street Gymnasium continues to attract alike both young and old who seek physical improvement. The extensive improvement made here during the fall in the way of painting and repairing seems to have met with a full share of appreciation by the large numbers who attend the classes. Through the co-operation of the Public Works Department we have secured the erection of a large arc light close by the southerly end of the building, which has been solicited by the patrons for some years past.

ROXBURY.

The Cabot Street Bath House, Swimming Pool and Gymnasium still draws a large and varied patronage from every section of the city. The pool has grown in popularity and the additional opportunity given the women and girls for using it on Wednesday of each week has proved to be a welcome innovation. The gymnasium classes at all times are well attended. The construction of a diving board at the deeper end of the pool has met with unanimous indorsement from all who come to enjoy its advantages. The placing of an electrical hair dryer in this house for the use of the women fills a long felt want.

The pool at Orchard Park should be made more presentable. New and more substantial fences should be erected. The need of a municipal gymnasium and bath house in this district yearly becomes more evident. As the several sites exist for the construction of such a house, it is anticipated that in a few years another such structure will shortly be erected here.

DORCHESTER.

The Columbia Road Gymnasium and Pool, the center of physical activities of thousands in this section of the city, witness the increased demand on its facilities each year. The two gymnasiums are still in operation from October until April, and the excellence of the work carried on there has attracted large classes to its floors. We expect to have an entirely new system of showers installed before the opening of another season. Here, also, the department has furnished for the women patrons of the pool an electrical hair dryer.

The new portable houses at Tenean Beach and McKenzie Beach are taxed to the limit during the open bathing season, particularly those at the former beach. Water and plumbing have been installed, also a shelter erected at McKenzie Beach.

WEST ROXBURY.

The Spring Street River Bath, which is the only one in this section, has outgrown its usefulness. A reinforced concrete structure should be erected here, as the patronage, recruited from a wide area, has assumed such proportions that the present accommodations do not seem to properly provide therefor.

JAMAICA PLAIN.

We anticipate the opening of the new gymnasium and bath house and swimming pool at Curtis Hall about July. This building undoubtedly will prove immensely popular and will serve as a powerful factor in promoting the physical health and enjoyment of the surrounding district.

BRIGHTON.

Brighton is the only district in the city in which a bath house and gymnasium is not now located or contemplated and the ever increasing demand from the citizens of this

district for such a building ought now to be given serious consideration. A new concrete bath house should be erected on the banks of Charles river for summer bathing, as absolutely no provision is made now to satisfy the wants in this respect of the people of this district.

The trustees take this opportunity to express their sincere appreciation of the efficient work of the general superintendent, Mr. Hugh C. McGrath; of the physical director, Mr. James L. Walsh, for his excellent work as acting superintendent during the summer months of 1910, and of the department employees generally.

RICHARD M. WALSH,
Chairman.

WILLIAM N. MURPHY,
Vice Chairman.

MRS. A. C. BULGER.

JAMES W. McLAUGHLIN.

FRANCIS M. CARROLL.

FINANCIAL STATEMENT.

The appropriation for the fiscal year was \$175,000; \$1,100 additional was transferred from the Reserve Fund; revenue received, \$6; making a total of \$176,106. The expenditures for the year were \$172,894.32, leaving a balance of \$3,211.68

EXPENDITURES, SPECIAL APPROPRIATIONS.

Bath House, North End:		
Wright & Ditson, athletic apparatus	\$850 72	
Architect, Matthew Sullivan, final payment	137 79	
D. J. Kinnaly, installing brass piping throughout building	330 00	
B. F. Sturtevant Company, furnishing and installing electric fan	153 00	
McKenney & Waterbury Company, furnishing and installing extra lights	246 93	
Stephen Gardella, constructing steps	160 00	
		\$1,878 44
Gymnasium, East Boston:		
Contractors, Mack & Moore	\$59,226 77	
Architects, Newhall & Blevins	1,480 66	
Advertising, daily papers	30 84	
		60,738 27
Bath House, Tenen Beach:		
Contractor, Frank W. Clark	\$1,235 05	
Architect, Francis J. Kennedy	21 00	
		1,256 05
L Street, additions, alterations and repairs:		
William A. McKenna Company, installing and furnishing hygienic drinking fountains	\$996 79	
Herbert S. Potter, electrical repairs	149 48	
John Martin Company, repairing roof	125 00	
<i>Carried forward</i>	\$1,271 27	\$63,872 76

The following is an itemized statement of the department's expenditures, cash returns and attendance:

	Salaries *	Printing.	Postage	Stationery.	Telephone.	Messenger	Advertising.	Travel.	Furnishings, Repairs and Miscellaneous Supplies.	1915 Exposition.	New England Editorial Exposition.	Auto.	Storage.	Supplies and Repairs.	Totals	Totals.
Office expenses	\$6,261 53	\$377 20	\$28 00	\$264 20	\$153 76	\$11 07	\$6 80	\$532 00	\$313 50	\$8 40	\$6 70	\$2,000 00	\$300 00	\$1,805 38		\$12,069 44
	Salaries.	Electric Light.	Fuel.	Athletic Supplies and Repairs.	General Improvements and Repairs.	Plumbing Repairs.	Furnishings and Miscellaneous Supplies.	Gas.	Rent and Taxes.	Towing.	Storage.	Supplies and Repairs.	Horse Board, Horse Hire, Shoeing, etc.	Trunks, Bathing Suits.		
D Street Gymnasium.	\$7,075 99	\$575 44	\$1,401 00	\$166 08	\$184 95	\$76 27	\$262 02								\$10,132 35	
Ward 16 gymnasium.	6,347 62			187 65	95 79		167 04								6,795 10	
Ward 7 gymnasium.	4,219 64		380 05	89 91	217 93	68 19	127 86	\$321 03	\$798 28						6,162 93	
Ward 9 gymnasium.	4,471 39	275 29	268 50	99 29	165 96	199 64	148 52	27 78							5,656 57	
Cabot Street Bath and Gymnasium.	15,396 16	991 98	1,897 00	163 67	1,469 24	958 57	613 95								21,490 87	
Dover Street Bath.	10,979 30		\$2,346 70		736 87	620 43	908 55	99 81							15,691 09	
Dover street laundry.	3,620 91		\$1,173 31		37 82		574 45								5,406 62	
North Bennett Street Bath and Gymnasium.	12,640 63	1,779 80	2,240 62	70 40	503 75	109 67	661 06								17,974 93	
Copley School Baths.	1,681 18	305 00	810 88			9 80	78 82								2,785 69	
L Street Bath.	13,227 66	674 10	150 69		1,282 28	368 47	693 53								16,405 54	
North End Park.	9,254 43	430 00	52 00		355 41	395 12	321 44								10,809 33	
North End Park laundry.	2,150 58		60 00		318 16		84 71								2,613 78	
Floating baths.	12,457 40		37 79		939 75	16 15	268 78		1,550 00						15,834 06	
Wood Island Park.	2,891 41	19 00			79 96	216 62	53 01			\$965 00					3,200 93	
Commercial car and laundry team.	1,927 86										\$319 75	\$2,356 08	\$385 59		4,889 28	
Dewey Beach.	3,169 37	70 62	7 20		89 44	264 17	152 13								3,752 93	
McKenzie Beach.	1,213 41				\$2,399 33	158 04	80 56								3,851 40	
Tenney Beach.	1,397 49				372 99	164 16	80 14		500 00						2,514 78	
Orchard Park.	1,509 99	* 17 97			140 87	79 20	38 48								1,786 61	
Spring street.	1,315 66				50 58	18 20	25 70								1,410 14	
Bathing suit repairs.	923 72				106 99									\$370 31	1,401 02	
Randolphe excursion.	91 53														91 53	
Totals.	\$107,856 99	\$5,110 10	\$10,934 59	\$777 60	\$9,818 20	\$3,722 90	\$5,340 84	\$448 65	\$2,758 28	\$565 00	\$319 75	\$2,356 08	\$385 59	\$370 31		169,821 88
Total.																\$172,801 32

* General Superintendent, \$2,184 01; Physical Director, \$1,512 25 (the Physical Director served as General Superintendent from May until September); Employees, \$1,154 76; Collector, \$675 20; Chauffeur, \$905 31.
† Two-thirds of coal bill, heat and power furnished by Fire Department.
‡ Amount includes the erection of portable bath house, erecting shelter and installing water.

BATH DEPARTMENT.

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<i>Brought forward</i>	\$1,271 27	\$63,872 76
Mack & Moore, repairs on fences, platforms, etc.	950 00	
Architects, Loring & Phipps	587 62	
	<hr/>	2,808 89
North End Pier, buildings, etc.:		
Salaries	\$593 50	
Herbert S. Potter, furnishing and installing propeller fan, and general electrical repairing	1,152 90	
Sidney Peterson Company, erecting canopy over piers and erecting seats and bleachers	1,065 31	
Edward F. Fitzgerald, plumbing . . .	245 95	
Asahel Wheeler Company, paints, oils, etc.	215 74	
John W. Graham & Son, painting . .	89 00	
Mack & Moore, carpenter work . . .	89 59	
Kinnear & Gager	38 00	
Manson Lumber Company	59 01	
Bay State Hardware Company	6 28	
Thomas J. Hind, concrete floor in toilet room	138 00	
D'Arcy & Sons Company, window sashes	9 24	
Morss & Whyte, screening	12 86	
Boston Plate and Window Glass Company	1 20	
	<hr/>	3,716 58
		<hr/>
		<u>\$70,398 23</u>
Recapitulation:		
Bath Department	\$172,894 32	
Bath House, North End	1,878 44	
Gymnasium, East Boston	60,738 37	
Bath House, Tenean Beach	1,256 05	
L Street, additions, alterations and repairs	2,808 89	
North End Pier, buildings, etc. . . .	3,716 58	
	<hr/>	
Total expenditures of depart- ment		<u>\$243,292 65</u>

Shower Baths Attendance.

	Men.	Boys.	Women.	Girls.	Pool.	Total.	Total.
D Street Gymnasium.....	27,625	22,739	1,952	9,599	61,915	819,295
Ward 16 gymnasium.....	26,465	22,909	10,183	7,654	3,045	70,256	
Cabot Street Bath House, Swimming Pool and Gymnasium.....	104,281	17,872	17,419	11,255	7,861	158,688	
Dover Street Bath House.....	162,029	10,876	63,748	21,031	257,684	
North Bennet Street Bath House.....	125,713	14,448	20,966	11,808	172,935	
Ward 7 gymnasium.....	24,403	5,222	2,859	2,075	34,559	
Ward 9 gymnasium.....	19,136	3,026	646	890	23,698	
Copley School.....	20,844	7,093	6,878	4,745	39,560	
Totals.....	510,496	104,185	124,651	69,057	10,906	

Beaches, Swimming Pools and Floating Bath Houses Attendance.

	Men.	Boys.	Women.	Girls.	Total.	
L Street Bath House.....	272,110	164,150	56,965	100,475	593,700	2,088,175
North End Park Bath Houses.....	6,381	128,395	9,650	20,860	165,286	
Dewey Beach Bath Houses.....	17,773	135,930	13,660	71,785	239,148	
Wood Island Park.....	17,325	49,425	13,200	32,606	112,556	
McKenzie Beach Bath Houses.....	6,990	20,376	4,061	9,857	41,284	
Tenean Beach Bath Houses.....	23,645	63,420	21,895	56,535	165,495	
Orchard Park Swimming Pool.....	10,167	42,672	2,042	38,903	93,784	
Spring Street Swimming Pool (river bath)....	790	57,202	4,058	62,050	
Dover Street Bridge Floating Baths.....	10,941	53,530	7,983	27,831	100,285	
Charlesbank Floating Baths.....	12,480	58,335	34,766	94,175	199,756	
Warren Bridge Floating Baths.....	34,181	49,278	19,490	22,085	125,034	
Mystic Bridge Floating Bath.....	12,580	24,925	13,995	18,000	59,500	
Border Street Floating Bath.....	6,997	64,725	2,451	20,635	94,808	
Jeffries Point Floating Bath.....	2,176	19,779	2,181	11,353	35,489	
Totals.....	434,536	932,142	192,339	529,158	
Total attendance.....						2,907,470

Gymnasia Class and Individual Attendance.

	Individual.	Men.	Working Boys.	School Boys.	Girls.	Women.	Mothers.	Totals.
D Street Gymnasium.....	4,149	5,253	3,133	7,195	4,244	1,236	484	25,694
Ward 16 gymnasium.....	5,594	7,597	3,048	8,950	7,793	7,989	4,178	45,149
Cabot Street Gymnasium.....	8,184	5,004	901	4,803	4,120	3,436	2,160	28,608
North Bennet Street Gymna- sium.....	3,158	3,606	908	7,819	4,408	1,529	997	22,425
Ward 7 gymnasium.....	1,969	2,412	1,221	5,179	1,833	1,728	297	14,639
Ward 9 gymnasium.....	2,038	4,325	271	4,068	2,670	598	466	14,436
Totals.....	25,092	28,197	9,482	38,014	25,068	16,516	8,582	150,591

REPORT OF THE PHYSICAL DIRECTOR OF
THE BATH DEPARTMENT.

Board of Bath Trustees, Boston, Mass.:

In view of the fact that the chief features of the work under my charge in the nature of things maintain a fixed character from year to year, my report must necessarily contain statements of fact not unlike what I have already said in other reports. When I first took charge of the work of directing instruction in this department several years ago, I formulated a plan covering the methods to be adopted by all the instructors in the discharge of all their duties, and I outlined a scheme of instruction which was to be uniformly applied in all the institutions under my supervision. Since then I have seen fit to make some slight modifications of a minor nature in that scheme, but in the main the methods adopted at the beginning have been carried on to the present time.

My duty, as I see it, is to give purpose and aim to the instructors of the department in their efforts to teach the thousands of men, women and children who attend our institutions. I keep in continuous touch with each of these instructors, and I am daily in attendance at their classes. In this way, while closely observing the conditions existing in each of our gymnasia, I also take note of the operation of the system as a whole. I make comparison of the yearly results in each place, and I compare, too, the total results of each year.

The interesting thing to be recorded of the last year is that while the attendance at some of the classes was not as high as in former years, the degree of efficiency reached by the persons attending our gymnasia has been the highest yet realized. This applies to the men and women who come to our gymnasia for self-improvement rather than for recreation, particularly to the men who have definite standards of physical fitness toward which they are struggling, as in the case of the men who prepare for the civil service examinations for the Fire and Police Departments. All progress of this sort is suscep-

tible of accurate estimation, and I am happy to say that the improvement has been uniformly realized throughout our entire system.

This realization of a high standard of efficiency in those persons who seek definite improvement is our chief aim. We labor particularly toward that end, yet we by no means neglect any opportunity to obtain specific results in the case of the large number of people who take up the work with no particular motive. This class is comprised largely of recreation seekers, who regard our training more in the light of pleasure than as a scheme to improve them physically. But in a great many cases we succeed in developing in them a larger interest than that of brief visits for recreation. Indeed, it is in the number of more or less indifferent people in whom we inspire a permanent interest in their physical welfare that we may do the most far-reaching good.

What I refer to as being a definite improvement in the specially benefited class of our patrons is ability to perform useful physical acts, and inclination to adhere to correct physical habits of living. Persons developed to this stage we regard as being truly physically educated. Their minds completely master the acts and the habits of their bodies.

The recreation seekers in our classes are many. They aim at nothing higher than the pleasure of the moment, even though entering with enthusiasm into all that they do. The purpose of these people is narrow, when compared with those who have self-improvement for their end. Still recreation has a splendid tonic effect on the minds of people who work hard during the day, and we encourage those who seek it.

The children's classes, as usual, constitute an especial care. Our problem of handling them is always difficult, because of the overwhelming numbers in which they attend our institutions. Each instructor is often called upon during the year to face a class of children several times the size of the class that is allotted to a teacher in the public schools. We manage, however, to carry on the work of organization among them, and we give them the measure of instruction that we feel to be sufficient. In addition to this they are given games and free play. We have now reached the point in the direction of children where we know that the habit of bathing and taking exercise acquired in early years clings to them in

after years. In districts where our gymnasia have been in operation many years the patrons of the adult classes to-day are comprised mostly of the children who acquired the habit in the junior classes.

This year we have tried a new feature in the children's classes. Frequently during the year we have allowed the children to hold social days, on which the regular routine of the class work was curtailed in order to allow the little ones to entertain their mothers and their teachers. The idea has been a gratifying success.

It is sufficient, perhaps, to say in regard to swimming instruction in the Bath Department that Boston now easily leads any city in the world in the number of children who can swim.

I wish to acknowledge my appreciation of the sincere efforts and the patient interest that I have noted in the work of the instructors. I desire to commend them for the manner in which they have performed the serious duties devolving upon them.

Respectfully submitted,

JAMES L. WALSH.

REPORT OF THE GENERAL MEDICAL DIRECTOR OF THE BATH DEPARTMENT.

To the Bath Trustees:

Real work in health insurance, in preventing sickness and disease and their inevitable attendant calamities, is only just beginning to be undertaken seriously. The beginning in effective practical hygiene is child welfare. Neglect of the vital regulative forces of a sound physical condition of the growing child works irreparable damage. Now preventive efforts are begun with the child; both the physical and mental development and well being are receiving closer attention. These two factors evenly developed and kept always evenly balanced make for healthy and useful manhood and womanhood. The organic law of healthy child life is receiving the attention it deserves.

It is an object of civic pride that the Bath Department of the City of Boston is a pioneer in child welfare work. The municipal gymnasias offer to the confined city child — and the grown up — opportunity for wholesome indoor recreation and exercise during the close season of the year, the months when playgrounds cannot be used; and the medical staff and the instructors give particular attention to the boys and girls who use these gymnasiums.

In Boston in the municipal gymnasiums began the important work in mouth hygiene — a movement which has become of general practical national interest, and which has been incorporated into the medical inspection of school children throughout the country. Crippled mouths cause faulty nutrition and retarded and blocked physical development; and neglected mouths and the infectious disease of childhood are intimately related. The whole child receives attention in the municipal gymnasiums.

Boston requires a physical examination and a clean health certificate of every boy and girl before work can be obtained after leaving school. Undeniably the city gymnasiums and baths help many a child to make good when he or she goes up to meet the physical examiner for a work certificate.

The women medical examiners, in their regular hours of attendance at the gymnasiums on the women's days (Mondays and Thursdays), meet the girls and young women and the members of the married women's class; the women physicians are of genuine service to these gymnasium members. Physical recreation and exercise does women inestimable good. In the city gymnasiums the medical examiners and the instructors work in close co-operation to give the girls and women exercise which helps and benefits, and which requires no undue tax on the physical resources of any of the class members.

Two years ago a successful talk on sex health was given the young men in one of the gymnasiums. This was the first word on that most vital subject ever given in public by a municipal institution. Its success was immediate. Unquestionably such practical and popular talks are needed. It is knowledge which is of serious and practical concern to every young man and young woman—to everybody, bar none. It was a step forward and in the right direction. Further steps along that line can be taken profitably and effectively only with organized co-operation of the community. Public opinion is growing towards a more or less general movement for a franker and closer knowledge of that vital subject—sex health.

The Bath Department has made a beginning. Now public demand for further action is desired; and as soon as a cohesive community movement is organized the Bath Trustees, through their medical staff, will take up its part of this work. Talks on that branch of hygiene in the municipal gymnasiums on Sunday afternoons would accomplish much real good; it would be educative work of inestimable value. Naturally and properly, instruction in sex health falls in with physical development. It is a worthy use of the gymnasiums; it is instruction which they can give rightly.

Respectfully submitted,

WILLIAM R. WOODBURY, M. D.

